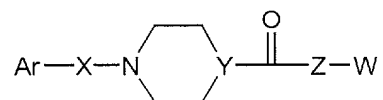


Compounds according to the formula:



5 Ar is optionally substituted (C<sub>6</sub>-C<sub>10</sub>)aryl or (C<sub>1</sub>-C<sub>9</sub>)heteroaryl; X is a direct link, -CH<sub>2</sub>-, -SO<sub>2</sub>-,  
-CO-, -CHR<sup>1</sup>- where R<sup>1</sup> is (C<sub>1</sub>-C<sub>6</sub>) alkyl, or -CR<sup>1'</sup>R<sup>1''</sup>- where both R<sup>1'</sup> and R<sup>1''</sup> are, independently,  
(C<sub>1</sub>-C<sub>6</sub>)alkyl; Y is N or CH; and Z and W are as herein defined, and pharmaceutical  
compositions thereof, and methods useful to facilitate secretion of growth hormone(GH) in  
mammals.

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